



November 2012

Wellness flash

RUTHERFORD COUNTY EMPLOYEE WELLNESS PROGRAM

In This Issue:

- ◆ DIABETES MONTH AND CLASS... 1
- ◆ WALK ACROSS TENNESSEE... 1
- ◆ HOLIDAY FOR HEROES... 1
- ◆ MARATHON MEAL ... 2
- ◆ WELLNESS HAPPENINGS ... 2
- ◆ PRIZE WINNERS ...2

November is National Diabetes Month

Check out the free offerings this month...

Diabetes affects nearly 26 million Americans and an estimated 79 million people are at risk for developing the disease. Tennessee's prevalence rate exceeds the national rate by almost 2 percent. Tennessee adults with diabetes almost doubled between 1996 and 2005, from 5.0 percent to 9.1 percent. Rutherford County Government and the National Diabetes Education Program are changing the way diabetes is treated by working together to help people better understand how to make changes in their day-to-day life in order to prevent type 2 diabetes, manage their diabetes to prevent complications, and live healthier lives. This November, make a change to live well by visiting www.rutherfordcountyttn.gov/rm/wellness.htm to learn more about activities that RCG is hosting in observance of National Diabetes Month or check out our featured events below.

NOVEMBER FEATURED EVENTS ON DIABETES:

On Sunday, November 11th, the Wellness Council of Rutherford County invites you to attend a **FREE** community event, **'GIVE DIABETES THE BOOT' 1:00 PM—4:00 PM**, at Lane Agri Park in the Farmer's Market Building (315 John Rice Blvd. Murfreesboro, TN). This event will feature diabetes resources, cooking demonstrations and informational session on healthy eating, self-management, and monitoring. Middle Tennessee Medical Center's Mobile Health Unit will provide free blood pressure and glucose (blood sugar) checks. **For more information contact Pat Whitaker at 898-7710.**

Beginning Tuesday, November 13th, Smart Steps Wellness Program in conjunction with UT Extension will offer a **FREE 6-week Workshop 'TAKE CHARGE OF YOUR DIABETES'**, to help you improve your health one step at time. This fun skill building program will help individuals with diabetes take day-to-day responsibility for the care of their condition including: nutrition/healthy eating, preventing low blood sugar, exercise, preventing complications, stress management, medications, skin and foot care, making an action plan, etc. The classes will be held at Blackman MedPoint Clinic (Blackman Elementary) at 588 Fortress Blvd. Murfreesboro, TN. **To register to participate contact Lori Cook at 904-6769 or Kelli Perrien at 898-7715.**

WALK Across Tennessee



Walk Across Tennessee is wrapping up and the last day to log your walking miles is on November 5th! Don't forget to send me your team members and team total mileage forms by Friday, Nov. 9th! Winners will be announced November 12.

Top 5 Teams-Most Accumulated Miles as of Week 6:

- Stampede Café Gals (Stewartsboro Elementary): 2011.65 mi.
- Central Office Team A: 1868.27 miles
- Smyrna Bulldogs (N. RC Health Department): 1852.25 miles
- Central Office Team B: 1744..86 miles
- Smyrna Middle Team 1: 1614.64 miles



HOLIDAY MAIL FOR HEROES

Between October 1st and December 7th, Americans can "give something that means something" by sending a card of thanks and support to members of the Armed Forces, veterans and their families. The Red Cross is inviting the public to send messages of thanks and holiday cheer until Dec. 7th. by mailing them to: **Holiday Mail for Heroes**

P.O. Box 5456 Capitol Heights, MD 20791-5456

Pitney Bowes screens, packages and ships the cards at no charge. Red Cross volunteers across the U.S. and on military installations overseas then sort and deliver the cards throughout the holiday season.

WELLNESS HAPPENINGS

NOVEMBER

NOVEMBER 6: Wellness On Wheels

8:00 AM - 12:00 PM, CENTRAL OFFICE
2240 SOUTHPARK BLVD. M'BORO, TN

NOVEMBER 8: Wellness On Wheels

8:30 AM - 1:00 PM, BLACKMAN ELEMENTARY
586 FORTRESS BLVD. M'BORO, TN

NOVEMBER 11: Give Diabetes the Boot!

1:00 PM - 4:00 PM
LANE AGRI PARK, FARMER'S MARKET BUILDING
315 JOHN RICE BLVD. M'BORO, TN

NOVEMBER 13 - DECEMBER 18

Take Charge of Your Diabetes

Workshop 5:00 PM—6:30 PM

MED POINT CLINIC AT BLACKMAN ELEMENTARY
588 FORTRESS BLVD. M'BORO

NOVEMBER 15: Season of Wonder

9:30 AM—2:00 PM, LANE AGRI PARK
315 John Rice Blvd. M'boro

*Free Admission to Shop Holiday Vendors

NOVEMBER 16: Alzheimer's Association Free Fall Conference

8:30 AM—2:30 PM, CORNERSTONE CHURCH
726 West Old Hickory Blvd.

NOVEMBER 21: Who Take Care of the Caregiver? - - LifeServices Webinar

Log on at www.lifeserviceseap.com

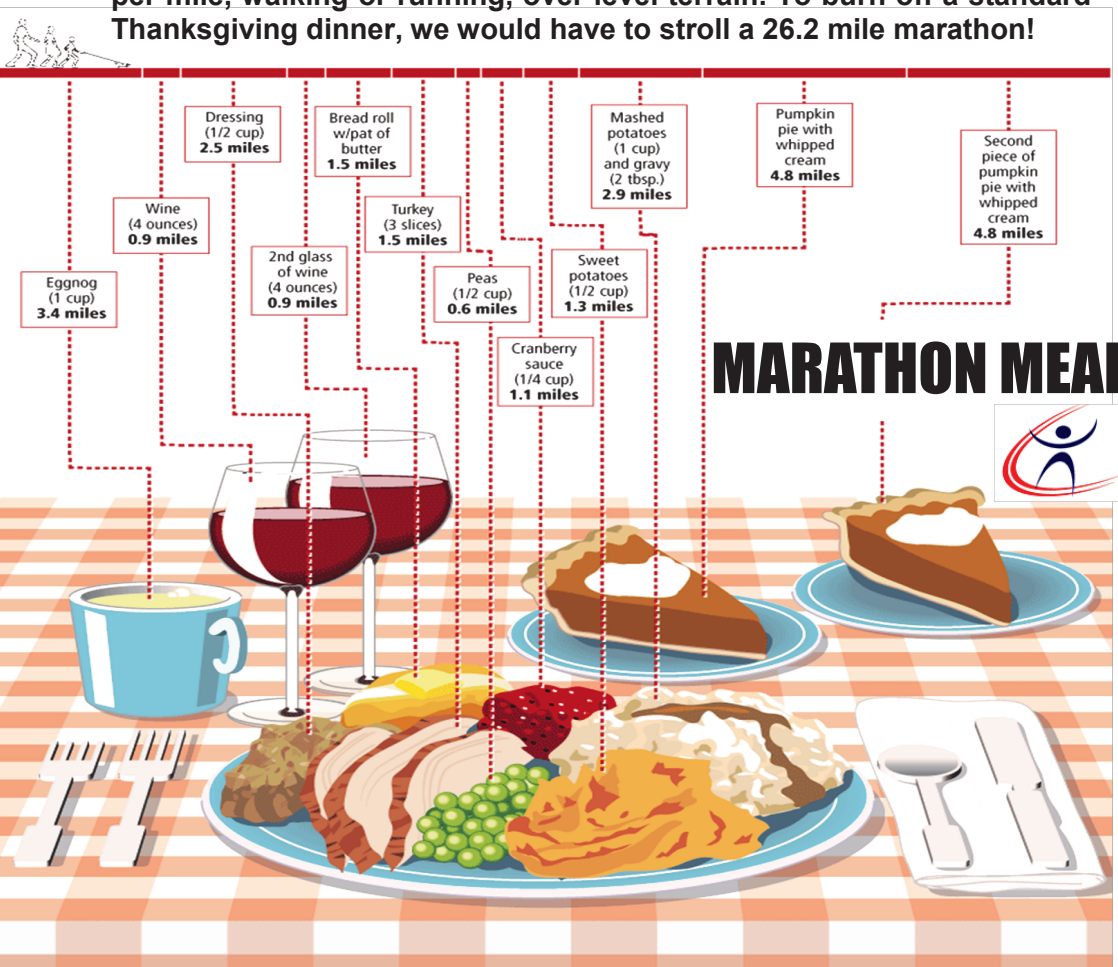
TIMES OF WEBINAR: 11AM, 1PM & 3PM

***For more info for the above events, visit us at:
www.rutherfordcountyttn.gov/rm/wellness.htm**

PRIZE WINNERS FROM 2012 WELLNESS FAIR

John Hearnese
Meredith Norris
Reta Barney
Diane Willis
Wanda Jones
Kim Hinton
Kathy Bassette
Heidi Mahlon
Bob Horne
Craig Dziduch
Sarah Delbridge
Gail Todd
Kim Reaux
Richard Rorabaugh
Jacquelyn McMeen
Joe Gourley
Darise Dennis
Tim Long
Aniece Harvey
Vanessa Tipton
Rhonda Lackey
Patricia Ramos
Patty Short
Kendra Wagener
Roger Allen
Jeff Adair
Lydia Roman
Debrina Dills
Lynn Fitzpatrick
Steve Jones
Jennifer Bogle

Our bodies burn calories with exercise, at a rate of around 100 calories per mile, walking or running, over level terrain. To burn off a standard Thanksgiving dinner, we would have to stroll a 26.2 mile marathon!



SMART STEPS WELLNESS CALENDAR ON THE WEB:

www.rutherfordcountyttn.gov/rm/wellness.htm

Rutherford County Risk Management
303 North Church #201
Murfreesboro, TN 37130

Phone: 615-898-7715

Fax: 615-867-4602

Smart Steps Employee Wellness Program's mission is to motivate our employees to make healthy lifestyle choices through education and activities that support positive change, resulting in improved productivity, morale, and health care cost savings for the County. The program provides access to services for physical, emotional, social health for active & retired employees.